

Choose well for your mental health



South West
Yorkshire Partnership
NHS Foundation Trust

Are you aged 18 or over and living in Barnsley, Calderdale, Kirklees or Wakefield?

Do you want to know:

- How you can look after your mental health and wellbeing?
- Where you or others can go for mental health and wellbeing support locally?

Choose well for your mental health and wellbeing – a guide for adults

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It's important that we look after our mental health and wellbeing the same way we do with our physical health.

If you hurt yourself physically, there would be things you could do to make yourself feel better. Say you sprained your ankle – you can rest it and take weight off it. The same is true for your mental health. If you notice changes to your mental health and wellbeing, there are things you can do to improve how you feel.

The earlier you recognise changes to how you're feeling or behaving, and begin to take steps to improve things, the less likely these will get worse.

This guide has been created to help you to choose well to support your mental health and wellbeing. Carers, friends and families can also use this guide to look out for those close to them and direct them to the right support. **It's a good idea to familiarise yourself with this so you know what to do in different situations.**

- Self care** – things you can do to proactively look after your mental health and wellbeing
- Mental health helpline** – someone to listen and signpost you to help or support
- Talking therapies** – one-to-one or group therapies
- GP practice** – your GP practice can refer you to secondary mental health services or prescribe medication
- Secondary mental health services** – offer education and treatment on certain mental health illnesses
- Crisis or emergencies** – it's important you know what to do in a crisis or emergency situation

December 2020

With **all of us** in mind.

@allofusinmind #ChooseWellForMentalHealth

Download the 'choose well for mental health' guide at:

www.southwestyorkshire.nhs.uk/choosewell
or scan the QR code



If you require a copy of this information in any other format or language please contact the Trust.

With **all of us** in mind.